

**October
2018**

Alaska Veterans and Pioneers Home



Activities

October 2 @ 10:00 & 1:00
Trip to the Polls

October 8-12 Heritage Week
Tables on display in the Great Room

October 9 Heritage Dress Day

October 10 10:00-1:00
Homewide Potluck

October 11 @ 1:00-3:00
Multi-Cultural Desserts

October 12 @ 10:30 & 3:00
Heritage Open Mic ”

October 17 @ 5:00
Festive Meal & entertainment with “Ziggy and Friends”

October 18 Holiday
“Alaska Day”

October 20 @ 4:00
American Legion Rep Visit and Dinner

October 25 @ 1:15
Trip to the American Legion

October 27@ 1:30
Happy Hour

October 31 @ 2:30 Hal-
loween Party and Costume Parade

From our Administrator

Greetings AVPH family! For this month I am very excited to announce our first annual Heritage week. I feel that with the ongoing changes of elders and staff we need to take time and create opportunity to grow together as a team and a family. The plan is to create a weeklong celebration of one another which will allows us to grow together the week of October 8-12th.

Schedule:

Monday 10/8	Display day, Heritage sharing	We are going to set up tables in Cordova where staff and elders can bring in items that are important to them culturally and personal, they can include pictures, items, etc.
Tuesday 10/9	Heritage dress day	We are encouraging staff to dress in ways that shows where they are from and their background
Wednesday 10/10	Heritage potluck 10am -1	Bring in a dish from 10-1 and share in a home wide potluck. I am encouraging family participation as well
Thursday 10/11	Heritage Dessert-luck 1pm -?	Potluck style, but dessert oriented
Friday 10/12	Heritage open mic	Be ready to Sing! National anthems, songs from your childhood, songs in a heritage language, favorite songs - All day!

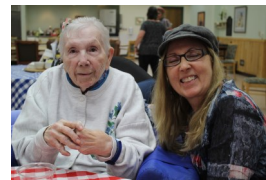
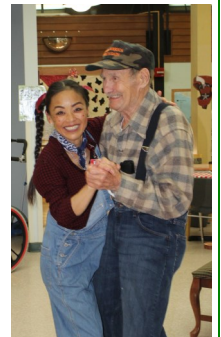
Please join us!

Quilts of Valor Ceremony



On September 11th, several AVPH Veterans were presented with a handmade quilt . Quilts of Valor is a national organization started in 2003. The Mission of the Quilts of Valor Foundation is to cover all combat service members and veterans with comforting and healing Quilts of Valor. Thank you ladies for such a beautiful gift!

September Festive Meal



Great food, lively music, dancing, and enjoyable conversation made for a wonderful September Festive Meal. Thank you Moccasin Stompers for providing the entertainment.

The Red, The White and The Blue

By Stan Parrott

Don't wad me up and throw me down
I'm not a scarf or a throw that you wear
Show me respect when I'm flying above
I'm a symbol of love

Love for my country and my fellow man
So, show me respect I know that you can
I've flown through the battles
Where few did survive

I've covered the casket when they did go down
Right up until they went in the ground
I'll always be there
I'll always be true

For I am your flag the red white and blue
The symbol of peace The Symbol of Love
So show me respect when I'm flying above
Down on your knee is wrong as can be

That's not the way
To show the respect you should have for me
So stand up tall
With your hand on your heart

Now that is the way you can show me
The respect and courtesy that I do deserve
I will keep flying high up above
The symbol of Peace, The symbol of Love
Love for my country and for my fellow man
Who also respects the symbol of peace
And be what may come till the roll of the drum
My very best to you I show you respect
Now I salute you
The Red, The White, and The Blue.



Fall Pie Day



Residents, staff and guests enjoyed a variety of tasty homemade pies during our "Fall Pie Day". There was a large selection to chose from and even though there was no way to taste all of them, the feedback was that they all were fantastic!

WHAT I DID OVER SUMMER VACATION (Part 1)

By Pat Miller

When Celia asked me to write up a short article on the hike that I made this summer over the Chilkoot Trail, I felt like I was back in middle school. We all remember the dreaded essay that was assigned in September, "What I did over summer vacation", in 500 words, and yes you will be graded on punctuation, spelling and penmanship.

Well, this summer I actually did something that was worth writing about! It's been years, but I will try another essay. Last winter I realized that this summer was going to be major birthday, and decided that I was going to do something fun, totally out of my comfort range, but something positive. I remembered a friend telling me about the Chilkoot Trail, and how amazing it had been. Walla, I figured if she could hike 33 miles uphill, I could also. Then it came to finding friends that wanted to do it also. With health issues, leave time, family commitments etc., that was hard to work out. But come time to leave for Skagway, there were three of us. Ready or not, we were going to hike in the footsteps of the gold miners of '98

As spring approached I started doing nice long walks with my faithful companion Charlie. (Charlie has four legs and a natural talent for hiking and running, I don't) I gradually added elevation to my walks, and then realized that I was also going to have to learn to hike with weight on my back. I added water bottles to a knapsack. And with most bottles weighing a tad over one pound, it was fairly easy to get an idea of what I was accomplishing.

But then I needed to look at really good hiking boots and backpack. Soon realized that was also going to mean lots of trips to REI, and hours on the internet. And since there are no public use cabins on the trail, it meant that I was going to have to carry everything I would need for five days, from a tent and sleeping bag to sun screen, food and clean socks. The list was endless, and so was the weight factor. I managed to keep my pack to 25 pounds. And who knew what the weather would be? Naturally we planned for lots of rain, and it didn't.

I just realized that I've been rambling for a page and haven't even started the hike. However the preparation and practice were enjoyable, and valuable. Hopefully Celia and Jane will let me continue next month with the actual hike.

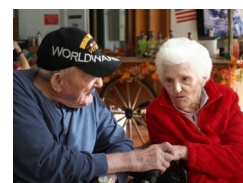
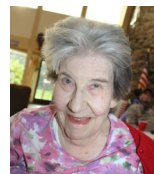


Pat Miller is a faithful volunteer at AVPH. Her husband Jim is a resident so between her time with Jim and her volunteering, Pat is a familiar face here. It's wonderful that she was able to enjoy an adventure this summer. I'm looking forward to Part 2 next month.



Around the Home

There always seems to be some kind of activity happening around here and when there is not residents enjoy time visiting with each other.



An age of grace

*My once brown hair has grown out arctic white
Glasses are now needed to improve my poor eye sight
My hearing is adequate, though slightly impaired
There is a limp in my step yet, much I have been spared*

*I find that I'm not troubled by things I can't do anymore
Rather, I'm encouraged by things I couldn't do before
Today is a new journey, a New World to explore
Yes, I admit it took a while for me to open this door*

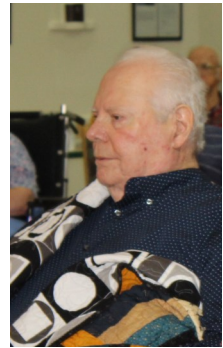
*I'm learning what it means, really to be free
While coming to grips with what it means really to be me
My reflections are not wistful, I don't live in the past
There are still horizons to conquer, more memories to amass*

*What pleasure on a occasion to just sit and think
Contemplate with purpose both the abstract and succinct
This comes so easy now with no need to resolve
Realizing that all the mysteries of life, were not mine to solve*

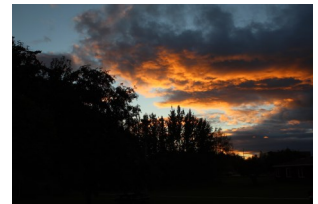
*There is an elegance to aging, no need for alarm
A refinement of life, both exquisite and charmed
Yes, there will be wrinkles, aches and pains just a few
Each day brings countless possibilities and a waning faith is renewed*

*Continue to contribute be my motto and my creed
Cultivate an furrow keep planting the seeds
Rejoice in tomorrow, soon enough our sun sets
Living life to the fullest, without the slightest regret*

Robert Schafer
2005



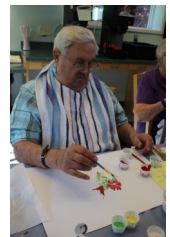
Robert Scaffer



Art and Poetry



There is an amazing amount of talent at AVPH. There are a number of extremely talented poets, artists and musicians here. On Saturdays there is an art class in the afternoon and a poetry hour in the evening that are well attended and enjoyed by all.





HAPPY BIRTHDAY



October Birthdays

Residents

10/03 Dorothy Dittman

10/05 MollyBee Welkin

10/09 Patricia (Pat) Brokaw

10/15 Louis "Larry" Stadem

10/29 Norma Erickson



Employees

10/02 Kuranda Davis

10/03 Camille Johnson

10/06 Lanesia Butcher

10/07 Melissa Allender

10/08 Dorene Heit

10/10 Rhodora Ferris

10/14 Brice Pavlicek

10/21 Brenda Bower

10/29 Brandy Rummel

10/30 Christina Anderson

10/30 Beverly Lacasse

Welcome New Residents



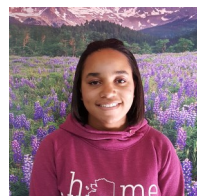
Billy Badger



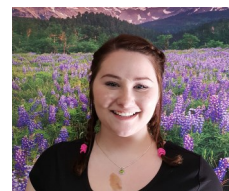
Martin Ondra

We are happy you are here and hope that you feel at home.

New Employees



Kuranda Davis
CNA



Caitlin Hensel
Housekeeping